



Air Force file photo

A U-2 Dragon Lady flies a training mission. A U-2 pilot died in a crash in southwest asia Wednesday.

Crash kills pilot

SOUTHWEST ASIA (AFPN) — The pilot of an Air Force U-2 Dragon Lady died when his plane crashed at a forward-deployed location here in the early hours of June 22.

The pilot completed flying a mission supporting Operation Enduring Freedom and was returning to base when the crash occurred. His name is being withheld pending notification of next of kin. He was assigned to the 380th Air Expeditionary Wing.

The cause of the crash is not known.

“The Airmen of the 380th Air Expeditionary Wing mourn the loss of a true American hero in the service of his country,” said Col. Darryl Burke, 380th AEW commander.

Colonel Burke appointed an interim investigation board, and a full investigation board will convene to continue the investigation.

The site of the crash has been secured to ensure the safety of local citizens and the integrity of the site for investigation team members.

Counseling offered to Air Force families

By Staff Sgt. Todd Lopez

Air Force Print News

WASHINGTON — Sometimes an Airman needs someone to talk to, and although his or her supervisor or friends are available, they are not always the right ones to listen.

The Air Force, as part of a larger effort within the Department of Defense, offers Airmen a professional, private, face-to-face counseling as part of the Air Force OneSource program.

“Air Force OneSource is part of the total system of support that is available at all Air Force bases,” said Brenda Liston, Air Force family matters chief. “It

is available to active duty, Reserve and National Guard members, whether they are activated or not.”

The OneSource program has been available for more than a year now and provides Airmen and their families with information and referral services for education, medical, financial, deployment, return and reunion issues. In July, the program will be expanded to include face-to-face counseling services for Airmen and their families.

The program makes free counseling services available to help Airmen and their families

See FAMILY, Page 3

In the trenches



Photo by Airman 1st Class Jason Burton

Airman 1st Class Niall Campos, 509th Civil Engineer Squadron, lowers a section of 10-inch water main pipe Tuesday. More than 700 feet of new pipe replaced a deteriorating section of piping. The \$25,000 project is scheduled for completion today. The new pipe will save money and overtime hours for 509th CES members, said Tech. Sgt. Jerry Alquist.

News in Brief

509th OG hosts change-of-command

Col. Bob Wheeler takes command of the 509th Operations Group from Col. Curtiss Petrek at 10 a.m. Tuesday at the 442nd Fighter Wing five-bay hangar. Colonel Wheeler comes here from the Pentagon. Colonel Petrek is headed to Offutt Air Force Base, Neb., to be the 55th Wing vice commander.

BCC luncheon set

The next base community council luncheon begins at

noon July 7 at Mission's End. The featured communities are Sedalia and Marshall, Mo.

The menu is ham and turkey croissant with chips. The cost is \$8.50. Those interested in attending the must R.S.V.P. For more details, call Melissa Klinkner at 687-6126.

Road closure scheduled

Arnold Avenue is scheduled to be closed Monday for repairs to that road and Spirit Boulevard. The project will

repair Arnold Avenue from Spirit Boulevard to 8th Street by removing existing asphalt and base material, and installing new base material and asphalt. The closing will affect Bldgs. 530, 527, 30, 33, 35, 36 and 50 and the access to the parking lot at the commissary on Arnold Avenue.

The contractor will provide a schedule of demolition for limited access to the above facilities. To keep the construction zone safe for pedestrians and workers, the speed limit is five miles an hour. The project is scheduled to take eight weeks. For more details about the project, call Gary Hall at 687-6281.



Photo by Airman 1st Class Ryan Wilson

Tech. Sgt. Andrew Chocha, 509th Maintenance Group, competes for a world championship Wednesday and July 1.

Commander's Corner

By Col. Chris Miller

509th Bomb Wing Commander

NSI IMPRESSIONS. As I write this, our Nuclear Surety Inspection is close to finished. You have impressed the inspection team with your can-do attitudes and your willingness to show how well we do our daily mission of caring for and securing some of our nation's most sensitive resources. We'll receive the final grade on Sunday morning with a written report detailing our strengths and any areas for improvements. Thank you for all your hard work and for carrying on the 509th Bomb Wing's strong tradition of excellence!

SPOUSES ARE THE HEART OF THE AIR FORCE. Spouses play a key role in the emotional and physical health of military members. In other words, spouses are the heart of the Air Force. To help spouses navigate the Air Force, strengthen their family and enhance mission readiness, the family support center sponsors Heart Link. The next Heart Link is Saturday at the family support

center. I encourage families to attend (they even offer free child care) — to reserve your spot or find out when the next Heart Link class is offered, call Sandi Williams at 687-7132.

TICKET TO RIDE. Best wishes to Tech. Sgt. Andrew Chocha as he represents Whiteman and our Air Force at the International Military Sports Council's World Military Cycling Championships in Zegrze, Poland, Wednesday and July 1. He'll compete against military members from more than 120 countries. If you see him around the base, shake his hand and wish him well!

HONORING OUR PAST. Lastly, this past weekend I attended "Operation Homecoming" in Branson, Mo. It was a major tribute to our Vietnam veterans. Team Whiteman supported it strongly; the 442nd Fighter Wing orchestrated all of the flyby activity and the 509th helped in other ways. This event was another reminder as we near the July 4th weekend of how much we truly owe to all those who have sacrificed to help preserve our freedoms.



Photo by Senior Airman Neo Martin

Mike Skipton, from All Metro Movers of Grandview Mo., carts three boxes of the more than 12,000 pounds of freight outbound from this base house.

Change can be good

By Capt. Joe DellaVedova

Public Affairs

My favorite rock band is RUSH and in their 1981 hit "Tom Sawyer" there is a lyric that goes "changes aren't permanent, but change is." I've always loved that line because it speaks a truth about the nature of our jobs in the military — changes are constant. Every few years, our lives are turned on edge with military moves, new jobs, new bosses and new challenges.

Going through major changes can be stressful, but that's alright. If our lives never changed they would become stagnant and boring. The winds of change that come whirling in our lives provide opportunities for us to explore the world and to grow. Recently, those winds have been blowing a lot in the DellaVedova household.

Last week, I moved my family from Florida to Whiteman to become the new chief of public affairs for the wing. Although it was hard to leave my previous job, say goodbye to friends, pack up all the household goods and drive to the Midwest, it felt good to be on the road and heading for a new adventure.

There is no doubt going through changes can be tough. My wife had to quit her job and our baby girl will miss all her friends, but luck-

ily my family understands change is a constant part of military life and they try hard to embrace all the good things that it brings.

For example, during our first few days on base we met some wonderful people who offered to bring us some home-cooked food to eat while we waded through tons of boxes.

Within our first week it seemed like we met at least a hundred people who have welcomed us with open arms and helped make our transition here go smoothly. One of the most important lessons I've learned about military life is that we are surrounded by other people who know what it's like to uproot your life and plant a new one somewhere else.

Being in the military means that we are a part of a community of professionals who work to protect and defend America. We are also connected by the fact we welcome and rise to the challenge of change.

We are fortunate to be part of a larger military family that understands all the stress, excitement and adventures new experiences bring to us. Change may be a constant factor in our lives. But we don't have to face it alone; however, if we remember to be positive about life changes and assist our fellow Airmen going through them ... together we can keep changing for the better.



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The deadline for article submissions to the *Whiteman Spirit* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.af.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
Whiteman AFB, Mo. 65305

Whiteman showcases readiness during NSI



Photo by Senior Airman Neo Martin



Photo by Senior Airman John Calvano

Clockwise from top left: Staff Sgt. Kenneth Clinton, 509th Aircraft Maintenance Squadron, reads a safety briefing with 509th AMXS members before uploading a rotary launch assembly into a B-2 during the Nuclear Surety Inspection. The safety briefing is an important part of performing RLA installs. Kathy Robinson, Personnel Reliability program manager and Tech. Sgt. David Sheets, 509th Medical Operations Squadron, check 509th Medical Group PRP records before NSI inspectors begin their inspection. Senior Airman Caleb Watkins stows retainer pins as Staff Sgt. Kenneth Clinton reviews technical orders after the RLA is uploaded.



Photo by Senior Airman Joe Lacdan

FAMILY, from Page 1

deal with marital and relationship problems, deployment or redeployment stress, grief and other nonclinical issues.

"This even includes couples counseling for Airmen (who) are single and having relationship issues," Ms. Liston said. "It is easily accessible for our Air Force people dealing with family issues such as returning from deployment, reintegration, grief counseling, couple's concerns or any number of issues a couple, an Airman or a family member would like to speak with a counselor about."

Any active-duty Airman, reservist or guardsman or their immediate family members can access the service, Ms. Liston said.

"It is available to anyone carrying a military identification card — family or Airmen, active or reserve, activated or not," she said. "Even if you aren't married, you can take your nearest and dearest to talk with a counselor about relationship issues."

Airmen who want to take advantage of the service need only call the Air Force OneSource telephone number to talk to an online consultant. The consultant will take demographic data from the Airman, make an assessment of the issue he or she has, and then help the Airman choose the best course of action. The service can also be accessed by visiting local family support centers.

If counseling is needed, a consultant will help the Airman set up an appointment with a licensed civilian counselor in the local community. The service comes at no cost to servicemembers and their families, and Airmen are entitled to up to six counseling sessions per issue.

Counseling services are available for nonclinical issues only, however. The service does not handle medical issues involving

alcoholism, depression, drug abuse or abuse in the family. In those cases, Airmen will be put in contact with appropriate military agencies. The service also has an obligation to report instances of drug use or physical abuse to the authorities. In all other situations, Ms. Liston said, Airmen can expect the same level of privacy they would with base agencies.

"The face-to-face counseling program is filling a gap we have had for years," Ms. Liston said. "There is clinical counseling available now through Tricare or mental health, but they have never done nonclinical counseling before."

Helping Airmen and their families deal with problems before those problems escalate not only helps Airmen, it helps get the mission accomplished, Ms. Liston said.

"A lot of times issues that become really difficult and (affect the) mission started out with a small issue, like how to readjust when you come home from deployment," she said. "Problems can be resolved at the lower level before they escalate into real problems."

Air Force OneSource is available anytime by phone in the United States at (800) 707-5784, internationally at (800) 7075-7844 or collect at (484) 530-5913. The program is also available in Spanish at (800) 375-5971 and to the deaf or hard of hearing, via TTY/TDD at (800) 346-9188.

Base recycling service changes

By Pat Martinez

509th Civil Engineer Squadron

Whiteman family housing residents will see new faces collecting the recyclables beginning July 1.

Steve Haller, the refuse contractor, has been picking up the recyclables; however, the reduce, reuse and recycle program staff will continue the service. This change is due to several complaints by residents that their recyclables were being put in the refuse truck.

The residents requirements and the pick up routes will remain the same. A new collection trailer was acquired through a local district grant.

Whiteman's solid waste management flight members expect to see an increase in the recycle volume, which directly relates to more revenue for the base. At the same time, there is an expected refuse volume decrease which relates to a cost reduction. The result is a positive combined effect for the base.

For more details, call 687-2017 or E-mail pat.martinez@whiteman.af.mil.

PT uniform - standards you should know

The new physical training uniform becomes mandatory wear Oct. 1 and Gen. John Jumper, Air Force chief of staff, has approved the wear policy.

Wear of the uniform is mandatory at organized PT functions. Any combination of PT uniform items may be worn together. However, PT uniforms won't be worn with civilian clothing.

The PT uniform dress and appearance standards are:

✓ **T-shirt**

Must be worn tucked into shorts.

May wear short- or long-sleeve style Air Force shirt.

✓ **Warm-up suit**

Jacket, when worn, will be at least half zipped.

Hood will be stored and zipped when not worn.

Pants, when worn, will be zipped at the legs.

✓ **PT shorts**

Spandex shorts and leggings – Navy blue or black – may be worn under PT shorts. Full-length leggings may be worn during cold-weather periods.

✓ **Shoes and socks**

White ankle- or calf-length socks will be worn.

Small conservative trademark logos may be worn on socks.

Shoes must be conservative: white, black, dark blue, etc.

✓ **Hats**

Aren't required when performing PT activities. However, if worn, the major command commanders or Air Force component commanders will standard-

ize style and wear policy.

✓ **Hair**

Must be neat and not allowed to hang loose below the collar; for females it will be tied back.

✓ **Reflective belts**

The wearing of a reflective belts will be at the discretion of the installation commander.

✓ **Saluting**

Not required when performing PT activities.

Required when meeting people displaying appropriate rank and not performing PT activities, regardless of uniform type.

✓ **Jewelry**

Jewelry wear will follow normal uniform wear rules. Keep safety in mind.

✓ **Body art standards apply.** Refer to Air Force Instruction 36-2903, Dress and Appearance of Air Force Personnel, for details.

Within the area of responsibility, the Air Force component commander will coordinate the wear policy to ensure uniformity of wear in a joint environment with other services.

Enlisted members received an initial increase in their annual clothing replacement allowance in October 2004 to cover the cost of the running suit and two sets of T-shirt and shorts. Starting Oct. 1, the replacement allowance will be based on the established wear life of the uniform, yet to be determined. Officers are required to purchase the uniform at their own expense.

Uniforms are available for purchase in the military clothing sales store.



Photo illustration by Senior Airman Neo Martin

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Spotlight on Justice

In May, seven military members received punishment under Article 15, Uniform Code of Military Justice, and two were discharged.

Articles 15

An airman first class from the 509th Aircraft Maintenance Squadron received an Article 15 for underage drinking. The punishment was a suspended reduction to airman, restriction to base for 45 days and 45 days extra duty.

An airman first class from the 509th AMXS received an Article 15 for assault and battery. The punishment was a reduction to airman basic and 30 days extra duty.

An airman first class from the 509th Civil Engineer Squadron received an Article 15 for underage drinking. The punishment was reduction to airman, forfeiture of \$100 pay per month for two months with one month suspended, restriction to base for 30 days with 15 days suspended and 15 days extra duty.

A senior airman from the 509th Logistics Readiness Squadron received an Article 15 for wrongfully using marijuana. The punishment was a reduction to airman basic. This airman was discharged subsequent to the Article 15.

An airman first class from the 509th LRS received an Article 15 for wrongfully using marijuana. The punishment was a reduction to airman basic. The airman was discharged subsequent to the Article 15.

An airman first class from the

509th Munitions Squadron received an Article 15 for underage drinking and disrespecting an NCO. The punishment was a suspended reduction to airman and 10 days extra duty.

An airman first class from the 509th Services Squadron received an Article 15 for failing to go and government computer violations for pornography. The punishment was a suspended reduction to airman and 14 days extra duty.

Discharges

A senior airman from the 509th CES received a general discharge for minor disciplinary infractions. The misconduct included driving an unregistered vehicle, viewing pornography on a government computer, making a false official statement, not paying a government travel card, failing to go to the appointed place of duty, and being disrespectful toward an NCO.

An airman first class from the 509th Maintenance Squadron received a general discharge for wrongfully using marijuana and for minor disciplinary infractions. The misconduct included failing to notify the base finance office about living in military government housing while receiving basic allowance for housing, failing to move personal belongings and clean out the government housing, failing to go to the appointed place of duty at the time prescribed on multiple occasions, failing to pay a government travel card and being delinquent on the Military Star Card.

Service members cautioned about 'loan-shark' predators

By Terri Lukach

American Forces Press Service

WASHINGTON (AFPN) — The Department of Defense has launched a new effort to educate servicemembers about the dangers of borrowing from “loan-shark” lending companies and to teach them how to avoid ending up in a spiral of compounding debt, a DoD official said here June 17.

The most prevalent type of loan-shark lending affecting servicemembers is what is known as “payday loans,” said John Molino, deputy undersecretary of defense for military community and family policy. “A payday loan is essentially a plug — money that gets you from today to the next payday so you can cover your bills.”

The problem is that such loans are very expensive, he said.

“Typically, a payday loan of a \$100 will cost the borrower \$17 for two weeks,” he said. “The average payday loan is about \$500, so now we’re talking about a fee of \$85.

“By itself, that’s not a big problem,” he said. “However, when you consider that it is not uncommon for that military member to roll the loan over four or five times, that \$85 will grow exponentially to the point where you are paying an enormous amount of money for the relatively meager amount of the loan.

“It got you through payday, but if you weren’t able to pay it off, now it’s two more weeks, and two more weeks, and

you’re paying nearly 500 percent interest annually,” he said. “That’s a lot of money to pay.”

Considering that about 9 percent of all enlisted servicemembers and 12 percent of all midlevel noncommissioned officers use payday loans, the potential for detrimental effect on mission accomplishment is very real, Mr. Molino said.

“If you’re in debt, you have other things in mind,” he said. “You’re doing things other than concentrating on the mission; maybe you’re taking on other employment. The effects are long lasting and go deep into a person’s performance; it affects unit readiness.”

Part of the problem is the proximity of payday lenders to military installations.

“If you look at where they position their businesses, they are right outside the gate,” Mr. Molino said.

A recent study of 15,000 payday lenders in more than 13,000 ZIP codes in 20 states that have military installations revealed that payday lenders open their storefronts near the installations.

Mr. Molino said the department is taking steps, such as holding fairs at military installations, to educate servicemembers about the dangers of payday loans and familiarize them with ways to put themselves and their families on a sound financial footing.

“We can make (servicemembers) smarter,” he said. “We can make them

See SHARKS, Page 10

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‘Big belly’ could mean big problems



(Editor’s note: Airman Maintenance is an ongoing feature where base support agencies offer advice or counsel and resources on the many issues that can cause Airmen physical, mental and spiritual stress.)

By Alicia Ferris-Dannenberg
Installation Fitness Program Manager

It wiggles, it jiggles, comes in different sizes and is adorned with jewelry and tattoos. Clothing styles allow us to show it off. What is so special about our bellies? Well, they can be very beautiful in the eye of the beholder. However, what does it mean when fat is stored in our bellies otherwise known as abdominal visceral fat?

The right amount of fat is there to protect organs and help with hormone regulation. However, more than enough fat is not advantageous. If a female has a waist circumference (WC) greater than 35 inches, and a male has a WC greater than 40 inches than the person is considered to be at risk for many diseases that can be prevented.

More times than not the disease

process has already begun but is not apparent at that time.

A ratio of fat in the belly correlates to an amount that is sitting in the chest cavity surrounding and smothering the heart. The fat in the belly is also smothering the liver, gallbladder, pancreas, colon and ovaries.

Cancer, heart disease and stroke, diabetes, gallbladder disease, fatty liver disease, high blood pressure (the “silent killer”) and abnormal levels of fat in the blood are all diseases that are directly linked to belly fat. Osteoarthritis is also complicated by the added weight. People with more body fat may have higher blood levels of substances that cause inflammation. I better not leave out sleep apnea. This is caused by high amounts of fat storage around the neck decreasing the size of the airway especially when lying down.

Now back to the original question: “What’s the big deal about belly fat?” The deal is quality of life issues. A disease process rarely make one feel full of vim or vigor and ready to enjoy everything life has to offer. Don’t forget these diseases will shorten your lifespan. So if the idea is to live life to its fullest it is hard to do that when you don’t feel well.

Consider lifestyle changes of adding exercise and nutritional planning into your everyday life. To help you take that first (or additional) step

“The right amount of fat is there to protect organs and help with hormone regulation. However, more than enough fat is not advantageous.”

forward, contact the Health and Wellness Center Staff at 687-7662.

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Captain becomes first female T-Bird

NELLIS AIR FORCE BASE, Nev. (AFPN) — U.S. Air Force Air Demonstration Squadron, “Thunderbirds,” officials announced their new pilots for the 2006 demonstration season which includes the first female demonstration pilot in the 52-year history of the Thunderbirds.

Capt. Nicole Malachowski, of the 494th Fighter Squadron at Royal Air Force Lakenheath, England, joins the team as the first female demonstration pilot on any U.S. military high performance jet team.

Lt. Col. Kevin Robbins, from the Air Force Weapons School here, was selected to be the lead pilot and the squadron commander.

Capt. Ed Casey, of the 56th Training Squadron at Luke AFB, Ariz., was the other new demonstration pilot named to the team.

Capt. Tad Clark, of the 52nd Operations Support Squadron at Spangdahlem Air Base, Germany, is the new advanced pilot and narrator.

Returning pilots include Maj. Rusty Keen, Steve Horton, Brian Farrar and Jeremy Sloane.

The U.S. Air Force Air Demonstration Squadron is an Air Combat Command unit comprising eight pilots, six of whom are demonstration pilots; four support officers; four civilians; and about 120 enlisted Airmen in more than 29 career specialties.

A Thunderbirds’ demonstration is a mix of six aircraft performing formation flying and solo routines. The four-aircraft diamond formation demonstrates the training and precision of Air Force pilots, while the solos highlight the maximum capabilities of the F-16 Fighting Falcon.



Captain Malachowski

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SHARKS, from Page 8

better consumers; we can teach them how to save for a rainy day, so when they need to borrow they can — and pay themselves back at no interest. We are also doing something about payday lenders.”

Mr. Molino said his office is watching them closely, looking at behaviors and patterns that are inconsistent with state law and encouraging states to pass laws that are not only friendly to servicemembers but also require honesty and discipline on the part of payday lenders.

Mr. Molino said Georgia, Florida and Oklahoma are states that have taken positive action against payday lenders. In 2004, Georgia passed legislation that eliminated payday lending from the state, he said, while Florida and Oklahoma now require a 24-hour waiting period between payday loans, thus eliminating rollovers and multiple loans.

“We believe we need to work hard to limit the impact of payday lenders, but the real answer is to help our servicemembers and their families get control of their own finances to be in charge of their future,” Mr. Molino said.

Straight TALK

Bad weather?
Base crisis?
Squash the rumors!

call the **Straight TALK** Line

687-NEWS

Whiteman Triathlon



Photo by Airman 1st Class Jason Burton

Troy Blunt, a local resident, is the first one out of the pool during the fourth annual Whiteman Triathlon Saturday. The event consisted of a 430-meter swim, a 10-kilometer bike ride and a 5-kilometer run. There were 51 participants at the event, more than double the participation from last year. The event started with the swim, which consisted of 12 lengths in the pool. Then the contestants raced to the parking lot, dried off, geared up and started the bicycle portion of the race. The riders peddled their way from the base pool, past the base lake, around the flight line to the end of Perimeter Road, and back to the base pool. After placing their bikes back in the bike rack, the triathletes finished with a run, which led them through base housing, past the hospital and back to the final stretch in front of the base pool.



Photo by Tech. Sgt. Joan Anderson-Brown

1st Lt. Michael Horenziak, 509th Medical Support Squadron, runs 5-kilometers, the last event in the triathlon.

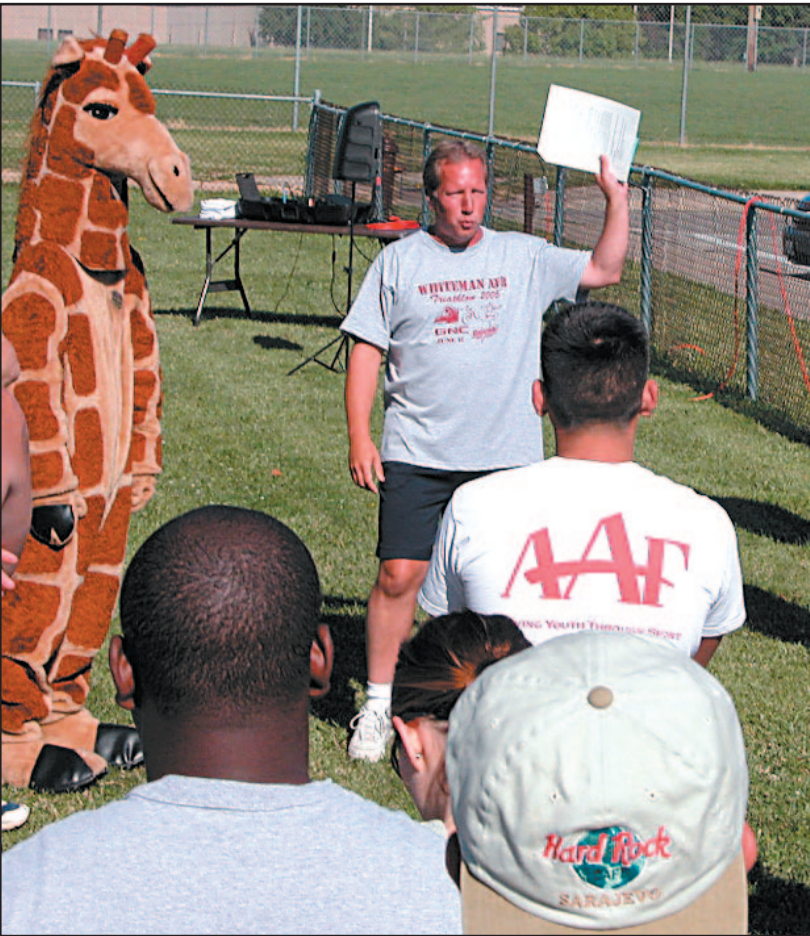


Photo by Airman 1st Class Jason Burton

Gregory Hauser, fitness center director, gives a safety briefing to the participants before the event. Safety was a concern for the triathletes, and two medical group members were on stand-by to provide medical treatment. Refreshments were also provided.

And the winners are:

Women's division

First place – 1st Lt. Darice Kiefer, 509th Maintenance Squadron, 53 minutes and 55 seconds.

Second place – Army Sgt. Michelle Elliot, 1-135th Attack Battalion, 54:25:00.

Third place – Maj. Kristin Goodwin, 509th Operations Group, 57:38:00.

Men's division

First place – Troy Blunt, 49:58:00

Second place – Maj. Michael Wittrock, 394th Combat Training Squadron, 52:12:00.

Third place – Airman 1st Class Jeffery Smith, 509th Maintenance Squadron, 52:46:00.

Men's over 40 division

First place – Senior Master Sgt. Mark Mock, 442 Maintenance Squadron, 60:17:00.

Second place – Larry Landwehr, 64:10:00.

Third place – Lt. Col. Dave Raab, 509th Operations Support Squadron, 64:40:00

Fourth place – Master Sgt. Pedro Canabal, 509th Bomb Wing, 77:43:00.

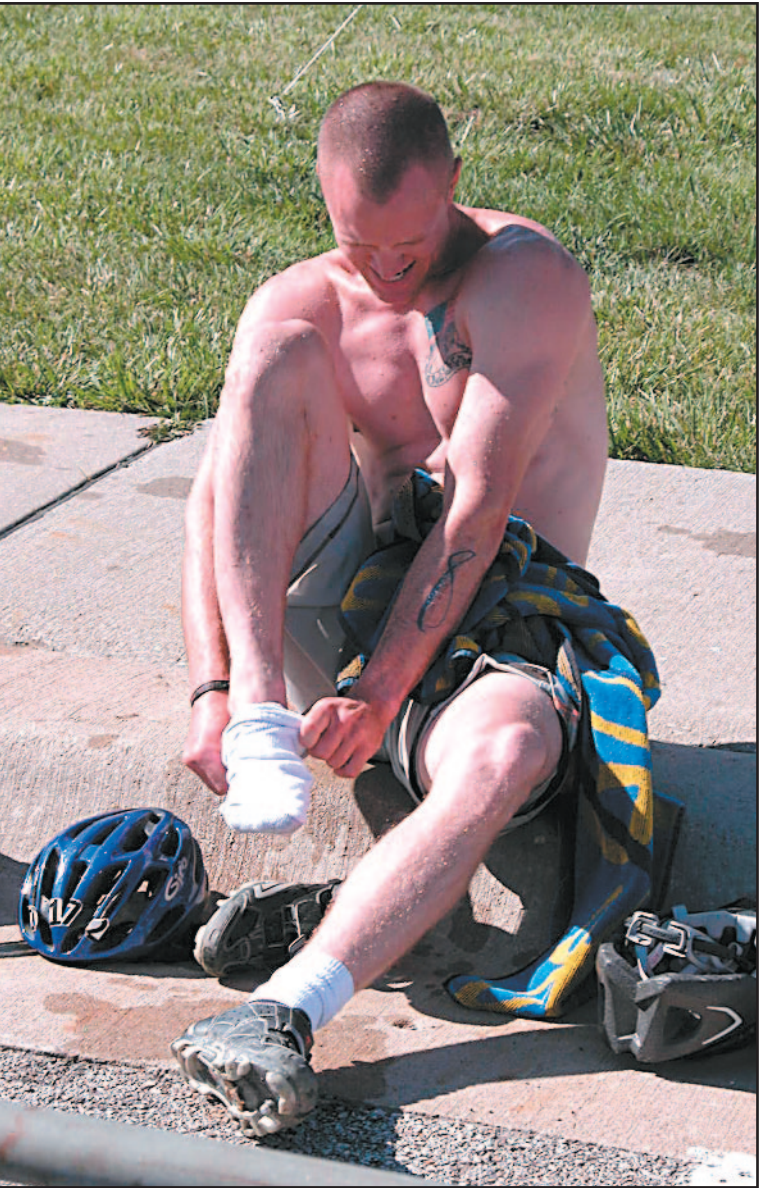


Photo by Airman 1st Class Jason Burton

Staff Sgt. Chris Clohessy, 509th Comptroller Squadron, races against the clock while preparing for the bicycle portion of the triathlon.



Photo by Airman 1st Class Jason Burton

Master Sgt. Charles Sonnerberg, 509th Maintenance Squadron, crosses the finish line for the bicycle portion of the event. Tech. Sgt. Richard Bodine (black hat), 509th Services Squadron, tells Sergeant Sonnerberg his time as he crosses the line.

Family Album



Luke Vincent, son of Capt. Timothy and Anne Hale, was born May 19, and weighed 8 pounds and 6 ounces.



Lucas Donovan, son of Staff Sgt. Benjamin and Arintha Sklenar, was born June 9 and weighed 9 pounds.



Fox Asher, son of Senior Airman Joshua and Callie Ramsey, was born June 10, and weighed 9 pounds and 4 ounces.

Photos unavailable

Chase Evan, son of Staff Sgt. Jason and Stacy Goodwin, was born May 5, and weighed 9 pounds and 13 ounces.

Darin Joseph, son of Staff Sgt. David and Debra Giberson, was born May 26, and weighed 7 pounds and 7 ounces.

Hannah Dunn, daughter of retired Army 1st Sgt. Jeffrey and Vonda Wilshire, was born June 7, and weighed 8 pounds and 15 ounces.

About the family album

The family album runs the last Friday of every month.

Parents interested in placing a newborn's photo in the *Whiteman Spirit* can either submit a non-copyrighted photo or have a photo taken 7:30 a.m.-4 p.m. Mondays, Tuesdays and Fridays in Bldg. 509, Suite 111. For more details, e-mail whiteman.spirit@whiteman.af.mil or call 687-6133.

Don't miss out on Tricare benefits

Newborns or adopted children must be registered in the Defense Eligibility Reporting System within 60 days of the event to receive Tricare Prime benefits. Bring a copy of the birth certificate or adoption papers to the military personnel flight. Tricare enrollment forms are available at the Tricare Service Center or at <http://www.triwest.com>.

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Photo by Airman 1st Class Lauren Padden

Dog days of summer

Army Staff Sgt. James Costin, Non-Commissioned Officer In Charge of the Whiteman Veterinary Clinic, draws blood from Boomer, Staff Sgt. Brad Sears' dog. Whiteman's veterinary clinic offers blood tests for heartworm and other diseases that can harm pets. to schedule an appointment, call the veterinary clinic at 678-2667. Sergeant Sears is a member of the 509th Security Forces Squadron.

Veterinary microchip info

The Whiteman veterinary clinic offers microchipping as an identification method to tag animals using a biocompatible glass-encased microchip. The chip, the same used in human pace makers, is encoded to give a permanent identified number to a pet in case it gets lost.

Microchipping is a fast process which takes the same amount of time as a vaccination. for more details or for a microchipping appointment, call 687-2667.

Hours of operation

9:30 a.m. - 3:30 p.m. Monday, Wednesday, Friday

8:30 a.m. - 2:30 p.m. Tuesday, Thursday

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What's Happening

Education

For more details, visit the education center Web site at <https://wwwmil.whiteman.af.mil/509mss/educ/homepage.htm>

Top 3 scholarship available

The Whiteman Top 3 Association will give away three \$300 scholarships to Whiteman enlisted members and their families.

Scholarship funds come from a variety of Whiteman Top 3 fund-raising activities, such as die cast model sales, POW/MIA bracelet sales and other community events.

Applications for the scholarship grant are available at the base education and training center or from the Whiteman intraweb at <https://wwwmil.whiteman.af.mil/top3/Scholarships.shtml>.

The application package consists of the application form, transcripts from previous classes and a single-page essay. Applications are due to the education office by Thursday.

The selection board will review the applications, and select winners based on educational goals, scholastic achievement and financial need. For more details, call Senior Master Sgt. Teresa Wolfenden at 687-2389.

Community

Thrift Shop Summer Sale

The thrift shop hosts its summer blowout sale 10 a.m.-3 p.m. today and Tuesday. All purple tagged items are 50 percent off, except uniforms and collectibles. Quarter items are marked at 2-for-1. The thrift shop will be closed during July. For more details, call 563-3910.

Airman's Attic all ranks day

Due to an overwhelming amount of donations and generosity from the community, the Airman's Attic is running out of space. The Airman's Attic is having all ranks days now through July 29.

The Airman's Attic hours are 10 a.m.-2 p.m. Mondays, Wednesdays and Fridays.

B-2 tours available

Do your family and friends want to see the B-2 up close? They can view the B-2 from 10:45 a.m.-noon July 8, Aug. 12, Sept. 9 and Oct. 14 in front of base operations. To sign up or for more details, call public affairs at 687-6128.

Volunteer dental assistant

The base dental clinic is accepting volunteers for the next dental assisting volunteer program class starting July 11. This is an opportunity to get free training in the dental field. To volunteer or for more details, call Master Sgt. Clayton Thornburg at 687-6898.

JROTC instructors wanted

The Air Force Junior ROTC has NCO instructor positions open at Lee's Summit North and West High Schools in Lee's Summit, Mo.

Retired Airmen interested in becoming Junior ROTC instructors must have retired from active duty within the past five years. Airmen on active duty may apply for positions when they are within six months of their retirement date. In some cases, the five-year requirement may be waived up to 10 years based on applicant qualifications and the needs of the program.

For more information about instructor opportunities, call toll free 866-235-7682, extension 35275 or 35300; DSN 493-5275 or 493-5300; or visit <http://www.afoats.af.mil>.

KC RiverFest Freedom walk

The Kansas City, Mo., RiverFest Freedom walk is 7:30-11 a.m. July 4 at the Berkley Riverfront Park.

The cost of \$5 includes a pancake breakfast. Proceeds from the event will be donated to the VFW's military assistance program.

For more details visit <http://www.kcriverfest.com> or call the information hotline at 816-561-7555.

Services Page editor.....Poppy Arthurton
509th Services Squadron.....687-7929
*No federal endorsement of mentioned sponsors intended.



Happy 4th July from Service

Join us for fun, food and fireworks at Skelton Park!

8-9:30 a.m. Fishing Derby

9 a.m. Red, White and Blue scramble golf tournament (Royal Oaks) sponsored by M&M Golf Cars*

7 p.m. Games in the park - volleyballs, horseshoes, footballs and soccer balls will be provided. Bring chairs and snacks.

7-9:30 p.m. Food stand open (hot dogs, bratwurst, beer, soft drinks and water)

7-10 p.m. Disco

9:30 p.m. Firework display provided by Northrop Grumman

Sports & Recreation

Outdoor Recreation 687-5565

Family rafting adventure

Spend a weekend rafting at the Air Force Academy in Colorado Springs, Colo. The bus leaves at 7 a.m. July 22 from outdoor recreation. The trip costs \$100 per person. Children must be over 7 years old and weigh at least 50 pounds. The cost includes camping equipment, rafting trip, dinner on July 23 and transportation. Extra money should be brought for snacks, souvenirs and additional meals. Sign up by July 1. Call outdoor recreation for further information.

Fitness Center 687-5496

Free instructor workshops

People prepared to sign a contract and teach aerobics at Whiteman can take advantage of free workshops. There is a primary group instructor session 9 a.m.-4 p.m. July 9 and a power cycle workshop 9 a.m.-4 p.m. July 10. Manuals, including shipping and handling, are \$75. Sign up by June 25. Call fitness center staff for details.

Special Olympics volunteers

Whiteman is hosting the district softball tournament for the Special Olympics. Volunteers are needed to assist and support teams. The first matches begin at 7 p.m. July 15 with the official opening ceremony at 9 a.m. July 16. Contact Tech. Sgt. Don Ware at the fitness center to volunteer.

Women's locker room closure

The women's locker room is closed for renovation. Access to the pool's daily use lockers and showers will be available. We apologize for any inconvenience this will cause. For more details, call the fitness center staff.

Tickets and Travel 687-5643

Armed Forces Vacation Club

Eligible Department of Defense members have space-available access to more than 3,500 resorts in more than 80 countries. Condos are available from \$264 a week. Visit <http://www.afvclub.com> for availability and call 800-724-9988 for reservations (state installation No. 255). Call Tickets and Travel for terms and conditions.

Food & Fun

Stars and Strikes closure

The bowling center is closed Sunday-July 10.

Mission's End 687-4422

Country night

Show off your line dancing skills at the next country night at Mission's End. There will be a country and western DJ from 8 p.m.-midnight today.

Monthly club coin special

Club coin holders can buy a liter of margarita for \$5.

2005 services club scholarship

Club members and their families can enter the annual services club scholarship program to win scholarship awards of up to \$6,000. Entrants must write 500 words on the subject of "My hero and why?" and a summary of long term goals, career ambitions and achievements to date. Closing date is July 11. Ask a club staff member for details on how to enter.

Movie Schedule

Friday 7 p.m.

Kingdom of Heaven R
Starring-Orlando Bloom and Eva Green

Saturday 7 p.m.

Monster-in-Law PG-13
Starring-Jennifer Lopez and Jane Fonda

Sunday 5:30 p.m.

Unleashed R
Starring-Jet Li and Morgan Freeman

Adults: \$3.50 Children: \$1.75
Movie Recording Line: 687-5110

Movies subject to change due to availability.
For current and future movie listings log on to:
<http://www.aafes.com/ems/conus/whiteman.htm>

Community Activities

Skills Development Center 687-5691

Children's summer art program

The skills development center offers the perfect summer activity for children ages 7-11. Art classes take place 9-11 a.m. Thursdays now through July 14. The cost per session is \$10. The program will cover drawing, painting and sculpture. Call skills development to sign up.

Plasma cutter operation

Learn to safely operate the plasma cutter 4-6 p.m. Wednesday at the auto skills center.

Air Force online gallery

Artists and crafters can enter their creations for inclusion in the Air Force gallery. This year's theme is "Military Life." All mediums can be entered. Each piece must be original and titled. There are two categories: adults and children. The closing date for submission is August 31.

Teen Center 687-5819

Supersplash USA

There will be an outing for teens to the water park in Kansas City, Mo., leaving at 8 a.m. Saturday. The cost is \$12 and teens should bring extra money for food. Places are limited so sign up early.

Mall of America trip

The teen center is running a three-day trip to the Mall of America in Minneapolis, Minn. Leaving at 7 a.m. Monday, the group will spend Tuesday at the Underwater Adventure and arrive back to base by 8 p.m. Wednesday. The \$50 fee per teen covers transportation, accommodations and admission. Teens should bring extra money for meals. Call the teen center for more information or to sign up.

Youth Center 687-5586

Summer part-day camp

Grades four-seven can take part in the youth center summer camp. The camp takes place 11:15 a.m.-5 p.m. Monday-Thursday. Starting each day at the teen center, youths will participate in activities such as bowling, swimming, field trips and art. The cost is \$30 for members and \$35 for nonmembers, which includes lunch and activities. Payment is due at time of registration at the youth center.

Swim trip

There is a pre-teen scene trip taking place 1-6 p.m. Saturday to the aquatic park in Concordia, Mo. The

cost is \$4 for members or \$5 for nonmembers. Sign ups start Monday.

Community Center 687-5617

Pop-a-shot

Children of all ages and their dads (or buddies) can pair up to shoot some hoops. Teams will be given one minute to score as many points as possible, prizes for the best teams will be given out. The competition starts at 2 p.m. Saturday at the community center.

Build-A-Boat

Come to the outdoor recreation pool party at 6 p.m. July 9 at the base pool and take part in the annual Build-A-Boat competition. Teams of a minimum of five will have 30 minutes to build a boat, using cardboard and duct tape. The boats will be raced 7-7:30 p.m. Prizes for the fastest time, best sinking and most team spirit will be given out. Contact the community center for rules and to sign up.

Family Child Care 687-1180

Want a profitable home-based career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly ill children. The Air Force is now offering a subsidy for providers who are willing to meet these critical needs. Providers who hold a standard license are subsidized \$125 a week per qualifying child. Providers with chronic health problems are accepted.

Library 687-6217

Summer reading program

It's not too late to join the summer reading program. Children from birth to 18 years old can take part by picking up a registration pack from the library and keeping a log of pages read. Readers can win prizes throughout the summer depending on the number of pages read. Children who are not yet reading can join the "Little Listeners" program and take part by being read to. Contact library staff for details.

Veterinary Clinic 687-2667

Does your cat have bad breath?

The vet clinic can help! Feline dental chews and a large range of other oral hygiene products are available at the clinic to help fight the plaque and bacteria which cause bad breath.